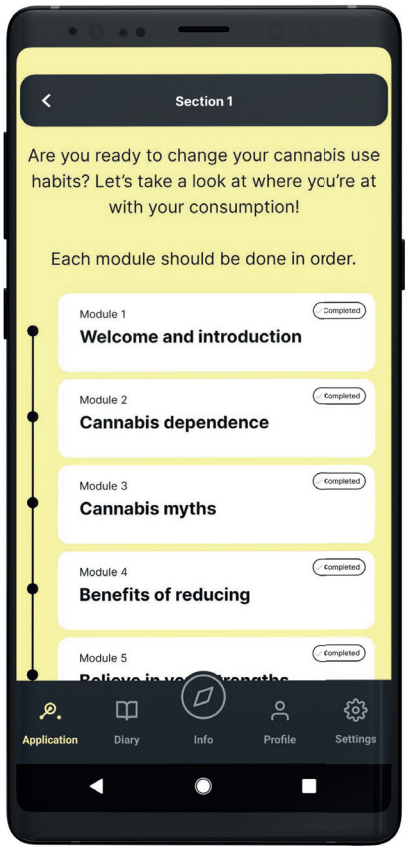
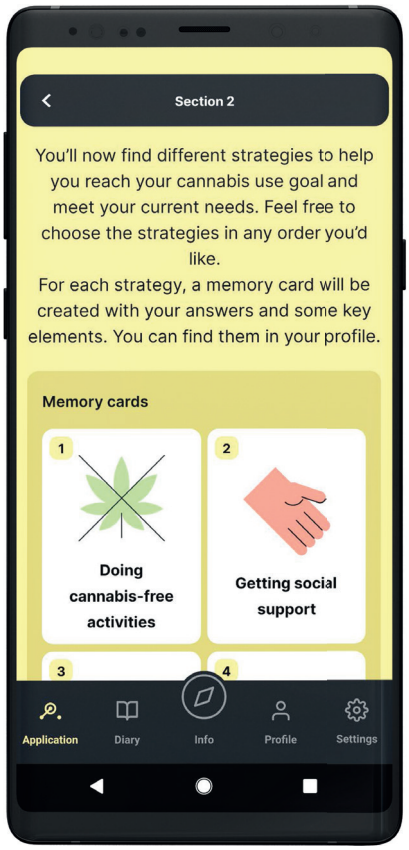
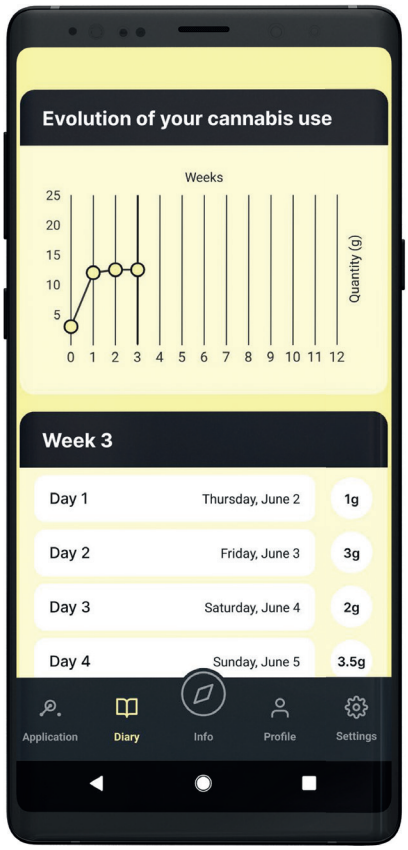
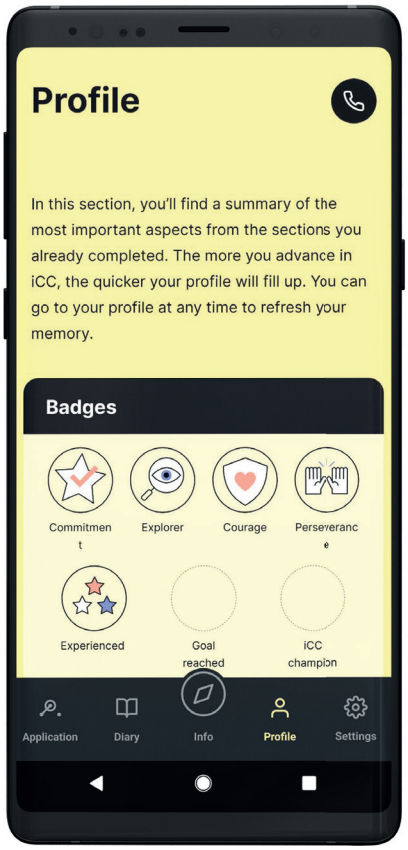
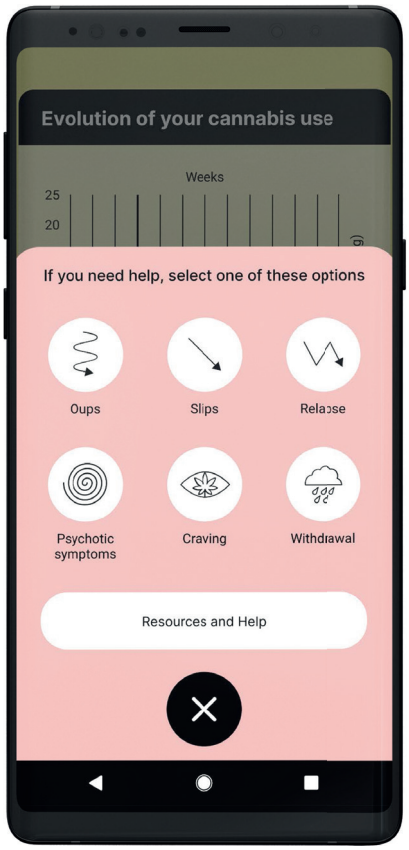
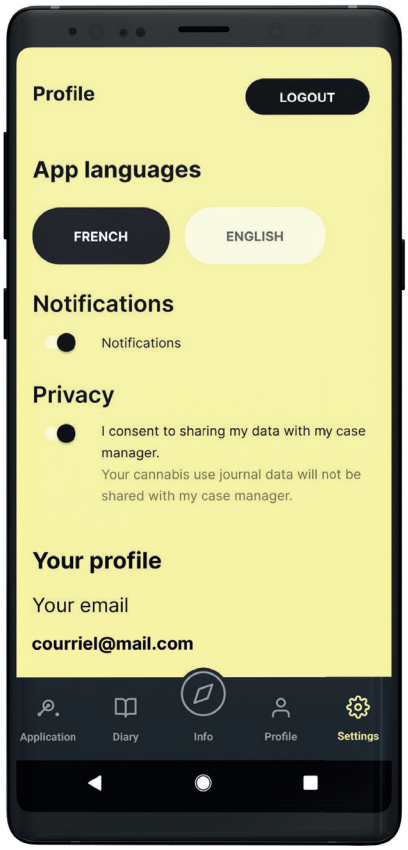

Section 1
Are you ready to change your cannabis use habits? Let's take a look at where you're at with your consumption!
Each module should be done in order.
Module 1
Completed
Welcome and introduction
Module 2
Completed
Cannabis dependence
Module 3
Completed
Cannabis myths
Module 4
Completed
Benefits of reducing
Module 5
Completed
Application
Diary
Info
Profile
Settings


Section 2
You'll now find different strategies to help you reach your cannabis use goal and meet your current needs. Feel free to choose the strategies in any order you'd like.
For each strategy, a memory card will be created with your answers and some key elements. You can find them in your profile.
Memory cards
1
Doing cannabis-free activities
2
Getting social support
3
4
Application
Diary
Info
Profile
Settings


Evolution of your cannabis use
Weeks
25
20
15
10
5
0 1 2 3 4 5 6 7 8 9 10 11 12
Quantity (g)
Week 3
Day 1 Thursday, June 2 1g
Day 2 Friday, June 3 3g
Day 3 Saturday, June 4 2g
Day 4 Sunday, June 5 3.5g
Application
Diary
Info
Profile
Settings


Profile
In this section, you'll find a summary of the most important aspects from the sections you already completed. The more you advance in iCC, the quicker your profile will fill up. You can go to your profile at any time to refresh your memory.
Badges
Commitment
Explorer
Courage
Perseverance
Experienced
Goal reached
iCC champion
Application
Diary
Info
Profile
Settings


Evolution of your cannabis use
Weeks
25
20
If you need help, select one of these options
Oups
Slips
Relapse
Psychotic symptoms
Craving
Withdrawal
Resources and Help


Profile
LOGOUT
App languages
FRENCH
ENGLISH
Notifications
Notifications
Privacy
I consent to sharing my data with my case manager.
Your cannabis use journal data will not be shared with my case manager.
Your profile
Your email
courriel@mail.com
Application
Diary
Info
Profile
Settings